



# Iowa Child and Adult Care Food Program

## Handy Guide to Creditable Foods

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa CACFP to help assure good nutrition for all participants.
2. This is a partial listing of creditable foods for children one year of age and older as well as adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Centers and sponsors of child development homes may make additional restrictions at their discretion. Home providers may contact their sponsor with questions regarding specific foods or quantities.



## Milk and Milk Products

1. Milk must be served as a beverage or over cereal. Milk used in cooking may not be credited.
2. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
3. Participants must be served milk at breakfast and lunch/supper unless an exception statement from a medical authority is on file stating the nature of the problem, listing foods to avoid and alternate foods to be substituted. Serving milk at adult care suppers is optional.
4. A separate meal pattern and reimbursable foods list is available and should be followed for infants. CACFP requires that breast milk or iron fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, formula or breast milk for children under 2 years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. A diet statement is needed to serve formula at or after 13 months of age.

### Creditable

Acidified milk (acidophilus)  
 Buttermilk, cultured milk or kefir  
 Cow's milk, flavored or unflavored including chocolate  
     Skim, non-fat or fat free, reduced fat or low fat (1%, 2%), whole  
 Cocoa – made from fluid milk  
 Goat's milk  
 Lactose-reduced milk  
 Milkshakes – only the milk portion  
 Soy milk – only if an exception statement is on file and the  
     nutrients are similar to cow's milk  
 UHT milk – ultra high temperature (self stable) cow's milk

### Non creditable

Cocoa mix made with water  
 Coffee creamers  
 Cream  
 Cream sauce  
 Cream soup  
 Custard  
 Dry milk  
 Eggnog  
 Evaporated milk  
 Half and half  
 Ice cream  
 Ice milk  
 Imitation milk  
 Pudding  
 Pudding pops  
 Raw milk (certified or uncertified)  
 Reconstituted dry milk  
 Rice milk  
 Sherbet or sorbet  
 Sour cream  
 Soy milk, beverage or drink  
 Yogurt – creditable only as a meat alternate  
 for children ages 1-12 years.

# Meat and Meat Alternates



1. Meats and meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or peas, and yogurt. Meats must be inspected by the appropriate health authority. This is a partial list only. A combination of two or more meat/meat alternates may be served at the same meal to total the required serving size. In breaded products, only the meat portion is counted.
2. Meat and meat alternates must be served in the main dish, or in the main dish and one other item.
3. At least ¼ ounce or ½ Tablespoon of meat or meat alternate must be served to count as part of the required serving.
4. Cooked dry beans or peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
5. Nuts or seeds may be used for up to ½ of the required serving size of the meat/alternate requirement in lunch and supper.
6. The best way to determine the amount of meat alternate in commercial combination foods such as canned or frozen stew, beef-aroni, pizza, pot pie, ravioli or breaded meats like chicken nuggets, or fish sticks is to get a Child Nutrition (CN) label, or a product analysis sheet from the manufacturer (not a distributor or sales person). If you cannot determine the meat/alternate content, additional sources of creditable meats or meat alternates may be added to supplement the meal. If an item is homemade, the recipe should show the amount of meat/alternate.
7. Shell fish or nuts may produce food intolerances, especially among preschool or adult participants.

## Creditable

Beef jerky – high cost<sup>1</sup> ○  
 Canadian bacon ○  
 Cheese – natural or processed ○  
 Cheese food, spread or substitute  
     2 oz. = 1 oz. meat alternate ○  
 Corn dogs - only the hot dog counts as meat ○  
 Cottage cheese, ricotta cheese  
     ¼ c. or 2 oz. = 1 oz. meat alternate  
 Dried peas, beans, lentils, refried beans, soy beans  
     (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)  
 Eggs – cooked, including deviled eggs  
 Fish and shellfish – cooked, count only meat portion  
 Fish sticks – must be at least 60% fish ○  
 Frankfurters – must be all meat, no cereal or extenders ○  
 Liver, kidney, tripe  
 Lunch meat ○ – must be all meat, no cereal or extenders  
     (includes bologna, ham, liverwurst, pepperoni, turkey ham, turkey roll)  
 Meat analogs<sup>2</sup>  
 Peanuts, nuts, seeds, soybeans<sup>1</sup>  
 Peanut, nut, soy or seed butter – regular or reduced fat<sup>1</sup>  
 Pizza – creditable if CN labeled or homemade and the amount of meat and cheese is documented.○  
 Quiche – only the meat, cheese or egg portion ○  
 Sausage, Polish, knockwurst, Vienna sausage ○  
 Soups – must be home made with at least ¼ oz. or equivalent of meat/meat alternate per serving to credit  
 Soy cheese<sup>3</sup>  
 Spare ribs – only lean meat portion ○  
 Turkey bacon, if CN labeled ○  
 Vegetable protein/meat protein mixtures<sup>2</sup>  
 Yogurt – plain, flavored, low fat, unsweetened or sweetened  
     ½ cup or 4 ounces = 1 ounce meat alternate  
     minimum serving is ¼ c.

○ Limit use, since may be high in salt and/or high in saturated fat.

## Non creditable

Acorns  
 Bacon-bits, imitation bacon  
 Bacon – as in BLT sandwiches  
 Canned cheese sauce  
 Cheese product or imitation cheese (Velveeta)  
 Chestnuts  
 Coconut  
 Cream cheese - regular, light (Neufchatel cheese) and fat free  
 Eggs – raw or undercooked  
 Fish – home caught  
 Frozen commercial yogurt products and bars  
 Game – venison, squirrel, fish etc.  
 Ham hocks  
 Home canned meats, home slaughtered meats  
 Imitation meats and meat alternates (e.g., cheese, crab, frankfurters, shrimp, etc.)  
 Oxtails  
 Pigs' feet, neck bones, tail bones  
 Pot pies – commercial  
 Potted, pressed or deviled canned meat  
 Powdered cheese – as in boxed macaroni and cheese  
 Salt pork  
 Scrapple  
 Sizzlean  
 Soup – commercial canned  
 Spam  
 Tofu, tempeh, seitan  
 Yogurt covered fruits, nuts  
 Yogurt – homemade

<sup>1</sup> Choking risk to those under 4 years and the elderly.

<sup>2</sup> Meat analogs may be up to 100% non-meat protein, and must have a CN label or manufacturer's statement showing the product meets USDA requirements.

<sup>3</sup> Soy cheese may have soy protein and/or casein and must have a CN label or a manufacturer's statement showing that the product meets USDA requirements.

# Fruits and Vegetables



1. Most fruits and vegetables are creditable. Serve a variety and use fresh to add texture and nutrition.
2. All commercial juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
3. At least ½ cup (2 Tablespoons) of fruit or vegetable must be served to each participant in order to count it toward meeting the minimum serving size requirement.
4. Juice may count up to ½ of the total fruit/vegetable requirements for lunch or supper.
5. Juice may not be served for snack if milk is the only other required food served.
6. Two forms of the same food (e.g. apples and apple juice) are not creditable in the same meal.
7. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.

## Creditable

Apple cider – must be pasteurized  
 Baby carrots  
 Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry) count as vegetable or meat/meat alternate, but not both at the same meal.)  
 Chopped vegetables in home made casserole, stew<sup>1</sup>  
 Coleslaw  
 Cranberry juice blend – if a blend of full strength juices  
 Cranberry sauce – made with whole cranberries (not jellied)  
 Dehydrated vegetables – use when re-hydrated  
 Dried fruit – apricots, dates, figs, prunes, raisins  
 Frozen juice bars – must be made with 100% fruit and/or juice  
 Fruit cobbler, crisp<sup>1</sup>  
 Fruit cocktail – counts as one fruit  
 Fruit or vegetable in gelatin or pudding<sup>1</sup>  
 Fruit pie filling - ½ cup filling = ¼ cup fruit  
 Fruit sauce – homemade<sup>1</sup>  
 Juice, full strength  
 Juice blends – if a blend of full strength juices  
 Juice concentrates, reconstituted  
 Kiwi fruit  
 Mixed vegetables – counts as one vegetable  
 Mushrooms  
 Olives<sup>1</sup> 🍷  
 Onion rings<sup>1, 2</sup> 🍷  
 Pickles<sup>1</sup> 🍷  
 Pimentos<sup>1</sup>  
 Pizza sauce or tomato sauce<sup>1</sup>  
 Potatoes  
 Potato skins  
 Salsa (all vegetable plus spices)  
 Soup (tomato or veg) – if commercial, 1 c. soup = ¼ c. veg.  
 Spaghetti sauce<sup>1</sup>  
 Tomato paste – 1 Tbsp. = ¼ c. vegetable  
 Tomato puree – 2 Tbsp. = ¼ c. vegetable  
 Tomato sauce – 4 Tbsp. or ¼ c. = ¼ c. vegetable  
 Vegetable juice blend (e.g., V-8 juice)  
 Water chestnuts

🍷 Limit use, since high in salt and/or high in fat.

## Non creditable

Apple butter  
 Banana chips, commercial  
 Barbecue sauce  
 Chili sauce  
 Coconut  
 Corn chips  
 Dry spice mixes  
 Frozen fruit flavored bars, popsicles  
 Fruit "drink"  
 Fruit flavored syrup or powder  
 Fruit in cookies or grain bars – (e.g., Fig Newtons, grain bars)  
 Fruit in commercial fruited yogurt  
 Fruit leather, fruit rollups, fruit shapes  
 Fruit flavored canned punch (e.g., Hawaiian Punch)  
 Fruit flavored ice cream  
 Fruit syrup – from canned fruit  
 Gummy fruit candy  
 Home canned fruits and vegetables  
 Hominy  
 Honey, syrups, jam, jelly, preserves  
 Jell-O, gelatin  
 Juice cocktails (e.g., cranberry, grape, etc.)  
 Juice drink  
 Ketchup, condiments and seasonings  
 Kool-Aid  
 Lemon pie filling  
 Lemonade  
 Nectar (e.g. apricot, peach)  
 Orangeade  
 Pizza, commercial<sup>2</sup> (amount of sauce is insufficient - unless more is added)  
 Pop tart filling  
 Popsicles – commercial  
 Posole  
 Potato chips, potato sticks  
 Pudding with fruit – commercial  
 Raw sprouts  
 Sherbet, sorbet  
 Tang

<sup>1</sup> Must have a minimum of ¼ c. fruit or vegetable per serving. Only the fruit or vegetable portion counts.

<sup>2</sup> If a commercial product, must have a CN label or manufacturer's specification on file or added fruit/vegetable to supplement the product.

# Grains and Breads



- Creditable grains/breads must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified. Enriched means the product conforms to the FDA's required levels of added iron, thiamin, riboflavin, niacin and folic acid.
- The minimum amount a food item can contribute is ¼ serving.
- Since children need nutrient dense foods, sweets may not be credited as grains/breads at lunch and must be limited to no more than twice a week at snack. Sweet food items are indicated with a footnote of 3 or 4.
- How to determine portion sizes for grains/breads:
  - Homemade from scratch: (2 alternate methods)
    - The amount of creditable flour, meal, bran or germ (by weight) in the recipe may be calculated to determine the number of grains/breads servings the recipe provides. Directions are on page 2-18 or in the *Food Buying Guide* starting on page 3-10.
    - A serving of the item may be weighed on a scale (digital preferred) and compared to the required weight on the Grains/Breads Chart on page 2-17. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served.
  - Homemade from a mix:  
A serving of the item must be weighed on a scale and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the size of the serving should be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served.
  - Commercially purchased (prepared): (3 alternate methods)
    - Refer to the Nutrition Facts label to determine the weight of a serving and compare to the required weight on the Grains/Breads Chart. If the serving on the Nutrition Facts label is larger or smaller than the required serving size, divide the required weight on Grains/Breads Chart by the weight of a serving on the Nutrition Facts label to determine the number of servings needed.
    - A statement from the manufacturer may be obtained. The documentation must indicate how much grain (by weight) or how many grain/bread servings a defined portion provides.
    - If a Nutrition Facts label or statement from the manufacturer is not available, a serving may be weighed on a scale and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the size of the serving should be adjusted to meet the required portion size based on the age(s) of the children being served.

## Creditable

Bagel  
 Banana, carrot, pumpkin, zucchini bread <sup>4</sup>  
 Boston brown bread  
 Bread pudding <sup>1,3</sup> – if homemade (HM)  
 Breeding or batter on meats - if CN labeled or amount is known  
 Bread sticks, hard <sup>2</sup> or soft  
 Bread stuffing <sup>1</sup>  
 Cake, cupcakes <sup>3</sup> □  
 Cereal – dry or cooked, 6 gm. of sugar or less is recommended  
 Cereal bars <sup>1,2,4</sup>  
 Chips <sup>2</sup> – grain based, enriched or whole grain □  
 Chow mien noodles □  
 Cinnamon roll <sup>4</sup> □  
 Coffee cake <sup>4</sup> □  
 Cookies, brownies or bars <sup>3,5</sup> □  
 Corn pone, hoe cake  
 Corn tortillas  
 Couscous  
 Crackers <sup>2</sup>  
 Cream puff shells <sup>3</sup> □  
 Crepes  
 Croissants □  
 Croutons <sup>2</sup> □  
 Doughnuts <sup>4</sup> □  
 Dumplings  
 Egg roll skins, won ton wrappers  
 English muffins  
 Fig bars (only the cookie part)  
 Fruit crisp or cobbler crust <sup>1,3,5</sup> □  
 Fry bread □  
 Gingerbread  
 Graham crackers  
 Grain fruit bars, granola bars <sup>1,2,4</sup>  
 Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat  
 Granola cereal <sup>1,2</sup> □  
 Grits  
 Hushpuppies □  
 Ice cream cones <sup>5</sup>

□ Limit use since may be high in salt and/or high in fat.

Johnny cake  
 Macaroni, noodles, spaghetti and other pasta shapes  
 Macaroni in boxed or homemade macaroni and cheese  
 Pie crust or shell <sup>5</sup> □ (dessert pies <sup>3</sup>, or in main dish pie)  
 Pita bread  
 Pizza crust  
 Popovers  
 Pretzels, soft and hard <sup>2</sup>  
 Pop tarts, toaster pastries (only the crust) <sup>4,5</sup>  
 Puff pastry with main dish □  
 Quick breads including biscuits, cornbread, muffins  
 Rice cakes <sup>5</sup>  
 Rice pudding <sup>1,3</sup>  
 Scones  
 Snack crackers <sup>2</sup> □  
 Sopapillas <sup>3</sup> □  
 Spoon bread  
 Sweet rolls, buns, pastries <sup>4</sup> □  
 Taco or tortilla shells <sup>2</sup> □  
 Tortillas  
 Turnover crust <sup>4</sup> □  
 Vanilla wafers (plain cookies) <sup>3</sup>  
 Waffles  
 Wheat germ, bran

## Non creditable

Caramel corn  
 Hominy  
 Nut or seed flour  
 Popcorn  
 Potatoes, potato pancakes  
 (potatoes are credited as a vegetable, not as a grain)  
 Potato chips, potato sticks  
 Tapioca

<sup>1</sup> Only the amount of bread, flour, meal or grain counts.

<sup>2</sup> Hard, dry foods may cause choking.

<sup>3</sup> Sweet food product-creditable only for snacks.

<sup>4</sup> Sweet food product-creditable only for snacks and for breakfast.

<sup>5</sup> Serving size probably not reasonable.

## Grains/Breads<sup>1, 2</sup> Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<b>Group A</b> 1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz	<b>Group D</b> 1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mien noodles</li> <li>• Crackers (saltines or soda crackers and snack crackers)</li> <li>• Croutons<sup>7</sup></li> <li>• Pretzels (hard)<sup>7</sup></li> <li>• Rice cakes, plain</li> <li>• Stuffing, bread portion (dry)<sup>7</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>• Granola bars<sup>4</sup> (plain)</li> <li>• Muffins (all, except corn)</li> <li>• Sweet rolls<sup>4</sup> (unfrosted)</li> <li>• Sweet quick breads (e.g., banana, pumpkin, zucchini)<sup>4</sup></li> <li>• Toaster pastries<sup>4</sup> (unfrosted)</li> </ul>
<b>Group B</b> 1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz	<b>Group E</b> 1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating, breading</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian, pumpernickel)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)<sup>7</sup></li> <li>• Taco or tortilla shells<sup>7</sup></li> <li>• Wonton wrappers</li> </ul>	<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>• Doughnuts<sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>• French toast</li> <li>• Grain fruit bars<sup>4</sup></li> <li>• Granola bars<sup>4</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>• Rice cakes, with chocolate chips or peanut butter</li> <li>• Sweet rolls<sup>4</sup> (frosted)</li> <li>• Toaster pastries<sup>4</sup> (frosted)</li> </ul>
<b>Group C</b> 1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz	<b>Group F</b> 1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz
<ul style="list-style-type: none"> <li>• Cookies<sup>3</sup> (plain)</li> <li>• Cornbread, Johnny cake or hushpuppies</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes or crepes</li> <li>• Pie crust (dessert pies<sup>3</sup>, fruit turnovers<sup>4</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<ul style="list-style-type: none"> <li>• Cake<sup>3</sup> (plain, unfrosted)</li> <li>• Coffee cake<sup>4</sup></li> </ul>
	<b>Group G</b> 1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz
	<ul style="list-style-type: none"> <li>• Brownies<sup>3</sup> (plain)</li> <li>• Cake<sup>3</sup> (all varieties, frosted)</li> </ul>
	<b>Group H</b> 1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup
	<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals (cooked)<sup>5, 6</sup></li> <li>• Bulgur, couscous or cracked wheat</li> <li>• Macaroni (all shapes)</li> <li>• Noodles (all varieties)</li> <li>• Pasta (all shapes)</li> <li>• Ravioli (noodle only)</li> <li>• Rice (enriched white or brown)</li> </ul>
	<b>Group I</b> 1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ⅓ cup or .5 oz, whichever is less
	<ul style="list-style-type: none"> <li>• Ready to eat breakfast cereal (cold dry)<sup>5, 6</sup></li> <li>• Cereal bars<sup>4, 8</sup></li> </ul>

<sup>1</sup> The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

<sup>2</sup> Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them. <sup>3</sup> Sweet food product-creditable for snacks only. <sup>4</sup> Sweet food product-creditable for snacks & breakfasts only.

<sup>5</sup> Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet the nutrient criteria described in CACFP memo CS-2007-9/IC-2007-9. <sup>7</sup> Choking risk. <sup>8</sup> To count as one full serving of grains/breads, a cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Commercial cereal bars may not be automatically credited; further documentation must be obtained. Crediting will depend on the amount or weight of the ready-to-eat cereal in each cereal bar as documented by the manufacturer.

# How much to serve?



## Common Grain/Bread Servings

Read labels and look for lower fat, salt and sugar choices.  
Some foods listed are not appropriate for younger children or elderly due to risk of choking.

Food	Serving Size		Cost* full serving
	1-5 yr	6 yr-adult	
Animal crackers-store brand	5	9	.08
Bagel – 3 oz.	1/6	1/3	.05
Bread – store brand	½ slice	1 slice	.05
Cereal, cooked – store brand	¼ c.	½ c.	.03
Cereal, Cheerios	⅔ c.	¾ c.	.22
Cheez-it snack crackers	9	18	.20
Chips Ahoy cookies	3	6	.36
Corn Chips – store brand, yellow round	5	10	.08
Ritz snack crackers	3	6	.11
English muffin – split	1/4	½	.22
Fish crackers	19	36	.20
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.13
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.07
Grain/fruit bars – Nutrigrain	1	2	.77
Granola Bar, with chocolate chips – Sunbelt	1	2	.47
Granola Bar, plain – Nature Valley	⅔	1¼	.52
Toaster Pastry, plain (52 g)	½	1	.20
Toaster Pastry, frosted (50 g)	¾	1¼	.20
Pretzels – store brand			
Ring – small	6	12	.06
Ring – large	3	5	.06
Stick	12	23	.06
Saltines – national brand	4	7	.09
Saltines – store brand	4	7	.04
Oyster cracker –store brand	26	51	.04
Teddy grahams – plain	10	20	.25
Tortilla	1/2	1	.10
Triscuits	3	6	.19
Vanilla Wafers – national brand	4	8	.32
Wheat Thins	6	11	.19
Wheatsworth	4	7	.21

\*Approximate prices at Fareway in central Iowa, 8/07. Instead of counting out crackers, you can put the correct amount in a measuring cup and scoop out the serving.



## Fruit & Vegetable Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks ½" x 4"	6 sticks = ½ cup 3 sticks = ¼ cup
Baby Carrots	1 lb = 10, ¼ cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks ½" x 4"	6 sticks = ½ cup 3 sticks = ¼ cup
Cucumber sticks ¾" x 3"	6 sticks = ½ cup 3 sticks + ¼ cup
Lettuce (bag)	¼ cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes	
Cherry ¼" slices	5 halves = ¼ cup 2 slices = ¼ cup
Fruit	Yield
Apples (125-138 ct)	½ apple = ½ cup
Bananas (regular)	½ banana = ¼ cup
Juice (12 oz. can concentrate)	12 – ½ cup servings 8 – ¾ cup servings
Juice (46 oz. can)	11 – ½ cup servings 7 – ¾ cup servings
Oranges (138 ct)	1 orange = ½ cup

## Crediting Grain/Bread Recipes

Grain Product	Weight of 1 cup (grams)
Cheerios	28 g
Corn Chex	30 g
Corn Flakes (crushed)	80 g
Rice Chex	33 g
Rice Krispies	24 g
Corn meal (regular)	122 g
Cake flour <sup>1</sup>	111 g
All purpose flour <sup>1</sup>	125 g
Bread flour <sup>1</sup>	123 g
Whole wheat flour <sup>1</sup>	120 g
Oats (uncooked)	81 g

<sup>1</sup> Unsifted flour, spooned into measuring cup.

### Homemade Recipe Example: Cornbread

The grain items in the recipe are 1 cup of cornmeal and 1 cup of all purpose flour.

#### 1. Total the grams of grain in the recipe

1 cup corn meal = 122 g  
+ 1 cup flour = 125 g  
Total = 247 g grains

#### 2. Divide the total grain by the grams of grain needed to make one serving (14.75 grams).

247 ÷ 14.75 = 16.7 servings of grain in the recipe

Serves 16 school-aged children (6-12 years) and 32 children ages 1-5. You may serve more if desired.